

Hallucination Control Guide

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Foreword

Many years ago I was diagnosed with schizo-affective disorder. My life included near constant hallucinations of creepy images flashing across my vision. This book is the result of things I learned in order to control those hallucinations to a fair degree. Now I hallucinate mostly what I desire to hallucinate. I have been unable to stop them, I have however made them far more bearable. This is in no way a call to stop medication, I have found it helpful with some symptoms, as I am sure others have. This book goes out to all of the others who have had troubles with schizo related disorders, it will always be available for free.

Evidence

Now we come to how it is I figured out what I did. It all began 10 years ago, when I was first diagnosed. I had recently gotten out of hospital and was seeing a psychiatrist. I still had some delusions about the nature of my hallucinations. He was a very kind and patient man. I told him I think it might be spirits. He simply stated, "it matters what you believe." I pondered the meaning of this, perhaps more deeply than I should have. I came to the conclusion that if these hallucinations are produced by my brain, then the voices and such should be controllable in some way. I started off on the right foot it seems, belief does indeed have some effect on the hallucinations. My first experience with this was when I tried to control my dreams, one night before bed I told myself I would tell myself to have a particular dream and it changed the dream to match my expectations. I read into studies about eye witness testimony and "preconceived ideas" having a strong effect on testimony, just another phrase for belief. I also read up on the placebo effect that makes people feel better when they believe a medication is working. All these have common features that lead me to believe that belief strongly effects cognition. I propose we make this a law of cognitive disorders, stating that : Anything that has significant effect on cognition has more of an effect on things that are entirely mental creations.

One other helpful thing I learned along the way is that most people need to enter a trance to control the subconscious to a large degree. This is used in self hypnosis on a regular basis and can be a powerful tool that's use can extend beyond just hallucinations. Studies into the matter have shown that self hypnosis can be very effective for certain things like controlling pain. It does take practice however, which can be very time consuming. Some have trouble entering trances.

Mind

As it stands, there are three general categories of belief that strongly effect what one person hallucinates and has delusions about. The three types of belief are fear, expectation and desire. Fear is any sort of expectation of a negative or frightening outcome, expectation is sort of a neutral belief that is neither fear nor desire, desire is the expectation of some positive or desirable outcome. It matters what you feed your brain, positive beliefs and expectations will lead to more positive hallucinations. With mental creations the only thing to fear is fear itself.

We will start by conquering our fears. Usually fear is brought about by the vulnerability of the human body. Our need to feel safe has led us to build walls, everywhere. Belief in an afterlife can helpful when dealing with fears, it is not always helpful with delusions though. With fear of death overcome there is still pain. With the proper techniques you can reduce or even eliminate pain.

Technique one is my own personal way of taking advantage of the placebo effect, without the placebo. Imagine some pervasive force in the universe, immensely powerful. You can imagine this as The Force (Star Wars fans unite) that inhabits all life. This force has the power to dull your pain upon request. The placebo effect comes into play, if you believe this force is reducing your pain it will seem as if this is the case.

Technique two, a more direct approach. I learned this one from my energy work. You can produce energy on parts of your body. With the proper practice you can form sort of an energy pain killer. Focus on the effected area and try to imagine a numbing energy being transferred from your mind onto the wound. It may help to go through energy exercises like T'ai Chi and related. Won't always take away all the pain but it can be very effective.

Technique three is the self hypnosis technique. Entering a trance can allow to implant suggestions into your subconscious. You can reinterpret the pain to produce a different feeling from the pain, usually pressure. It can also be effective for fears. Keep in mind it may not work the first time.

Other negative expectations may include your fears of people. Hallucinations of people will often mimic your beliefs about people, whether they be negative or positive. This can present challenges for navigating life, if your beliefs about people are negative. I would say be cautious of people, not fearful. Getting therapy for traumatic events can be helpful in dealing with creations of your own mind, as what is within is displayed elsewhere. Insecurities can also lead to fears, so manage them as best you can.

Now we come to expectations. Hallucinations of things will match what you have come to expect from that thing. These are the neutral beliefs, these may be the ones you want. Fears can be unnerving and desires can be distracting. This will be simple and short. Expect your hallucinations to become shapes or something that is very mundane. Some people will require entering a trance to access the subconscious mind. I personally don't have that problem, I am in sync with my mind to the point my expectations of the hallucinations are displayed in the images I see over top my vision. When I am not distracted at least. Make sure you implant the right suggestions in a trance. Remember always it can take practice and time.

Desires are tempting, which is why most of you will go for this, at least at first. I put images of women as my personal images. Which is not always good, those expectations related to it can lead to feelings as if being touched on the butt. I don't mind it so I left it that way. Though I am met with disapproval for some of my actions, which really derives from my opinions of women. At least the majority of women I have known well. So it can a double edged sword to put what you desire there. I'll reiterate the two techniques. Expect good things, which works if you're in tune with your subconscious. Two being entered a trance to access the subconscious and implant suggestions, which is the expert level approach that takes more time but is more effective.

Trances

Now we come to how to achieve a trance state. Which can be difficult without practice. There are several methods that can be used and I'll try to cover each of them. One thing I noticed while entering a trance state is that I often hear some sudden noise or voice. That can be hard to get past, try to stick with it and get to accessing the subconscious mind. It is not recommended you lay down during entering a trance state as you may fall asleep. It is also not recommended you stand as you may fall over.

Mantra is the first method. Sitting down and repeating a word or words. It may help to repeat a word that relates to what work you're trying to do with your subconscious mind. Like saying "meaningless" over and over if you wish to switch the hallucinations to a neutral arrangement of meaningless shapes or meaningless sounds.

Music is our second method. Repeating beats and music, like the repeated beat of a drum, can be used to achieve a trance. Try to use something that deeply relaxes you. Make sure to sit comfortably, trying to relax your body.

Controlled breathing is the third method. Just focusing on the breathes you take. You can keep your eyes open but it makes it more difficult to achieve the trance state. It also helps to sit in a meditation posture. Sitting down with your arms in your lap and your back straight. Remember to focus on your breathing as this is essential.

Repetitive movement can also induce a trance state. Watching a pendulum swing back and forth is a very good way to get there. It can be difficult with the eyes open but it is otherwise a good method.

Visualization is the last technique and can be very powerful. Visualize yourself floating, doesn't matter if you mess up a bit and get details wrong, keep practicing. Imagine yourself walking down some stairs towards a trance state or visualize a door that once opened give you access to your mind. It can take a bit of experimentation but ultimately it is a good method with practice.

Conclusion

I thank you all for reading. It's a bumpy ride if you have a schizo related disorder or are experimenting with psychedelic drugs. I hope whatever the case this short book was helpful in your en devours. May you get what you seek from it. Always remember to pay it forward and help others, where you can. Improve on the formula if you can and write your own book. We all stand on the shoulders of giants. Thank you and farewell.

